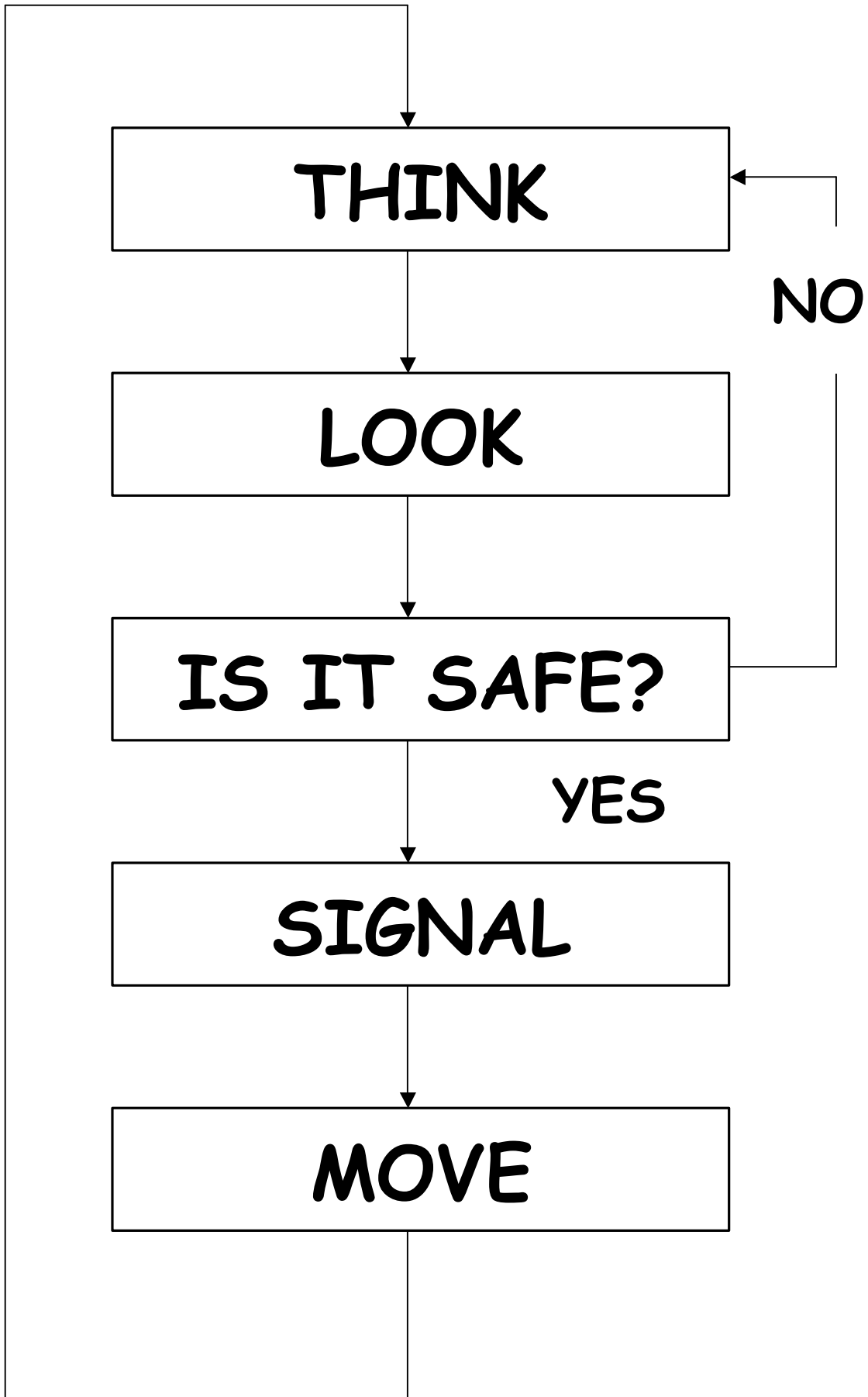




Holroyd Road Safety Training Track

**A bicycle safety & training program for
parents, carers & children**





**The wearing of helmets for
cyclists is the law.
It is a condition of use of the
Holroyd Road Safety Training
Track at "Holroyd Gardens,"
Walpole Street, Merrylands
that all cyclists are wearing a
properly fitted helmet that
meets the Australian
Standard, at all times.**

For further information please see the
section on helmets in this booklet or contact
the Road Safety Officer,
Holroyd City Council
Telephone 9840 9864.

Notice to Parents

The Holroyd Road Safety Training Track was developed in response to our residents' need for a safe, controlled environment in which to teach children the basics of safe road user behaviour.

The track is open to the public during park opening hours, free of charge, except for the times when it is utilised by local Police to train school community groups in road safety.

The aim of this booklet is to help inform parents and children of best practice in cycling. This includes developing practical skills, knowledge and understanding of cycle safety and a basic understanding of the obligations of cyclists as road users in regard to the Australian Road Rules.

This booklet is intended as a guide only. It is designed to give parents some direction in assisting their children to become responsible cyclists. It is not intended as a complete cycling course.

The skills and knowledge gained from this booklet need regular updating and practice to remain effective.

How to use this booklet

1. Assist your child to master all the practical skills outlined in the skills check list.

2. Help your child to complete all the knowledge activities.

3. Discuss the road rules and safety tips for cyclists with your child and make sure they really understand what is meant by them, and what their responsibilities are as road users.

4. Run through the maintenance check list and check that your child's bicycle is road worthy. Make any necessary repairs.

5. Have your child complete the quiz.

For further information please contact Council's Road Safety Officer
Tel: 9840 9864

Practical Skills

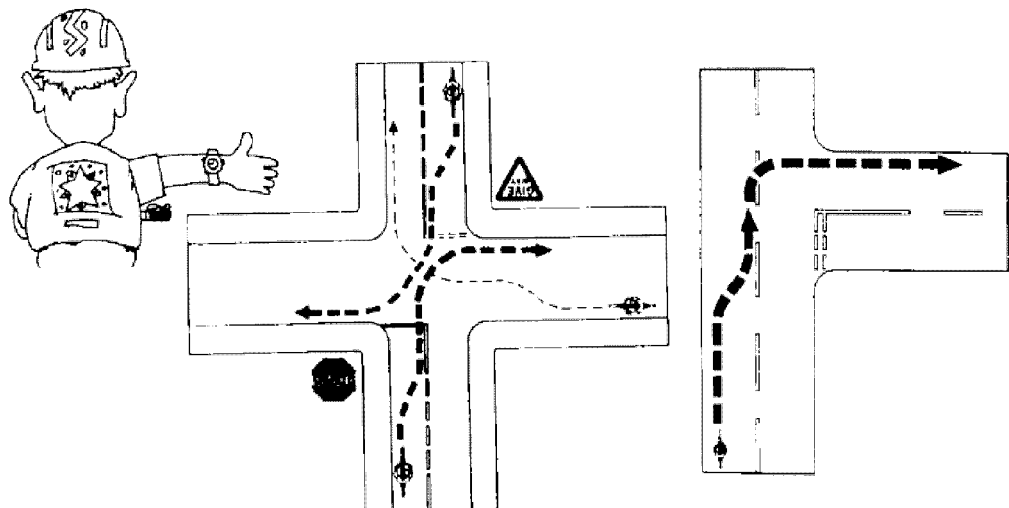
Skill	I can do this
Mount my bike safely	
Dismount my bike safely	
Touch the ground with both feet when I'm sitting on my bike	
Apply the hand brakes safely	
Use back pedal brakes correctly	
Give a right turn signal	
Give a left turn signal	
Give a stop signal	
Negotiate an intersection	
Use a roundabout correctly	
Keep within a lane	
Keep to the left hand side of the road	
Park my bike safely	

- These skills are applicable to children 8 years or older.
- Riders up to 10 years of age should be closely supervised wherever they ride. They should ride away from roads, driveways and cars if possible.
- Children under 12 years and older riders accompanying them may ride a bicycle on the footpath unless specifically prohibited by signs. Riders must keep to the left and give way to pedestrians.
- Cyclists 12 years and over are required to use roads or cycle ways unless the footpath is signposted as a shared footpath. If a bicycle lane is marked on a road it should be used wherever practicable.
- Bicycles can be fitted with power assistance up to 200W. Any other powered vehicle must comply with appropriate registration requirements.

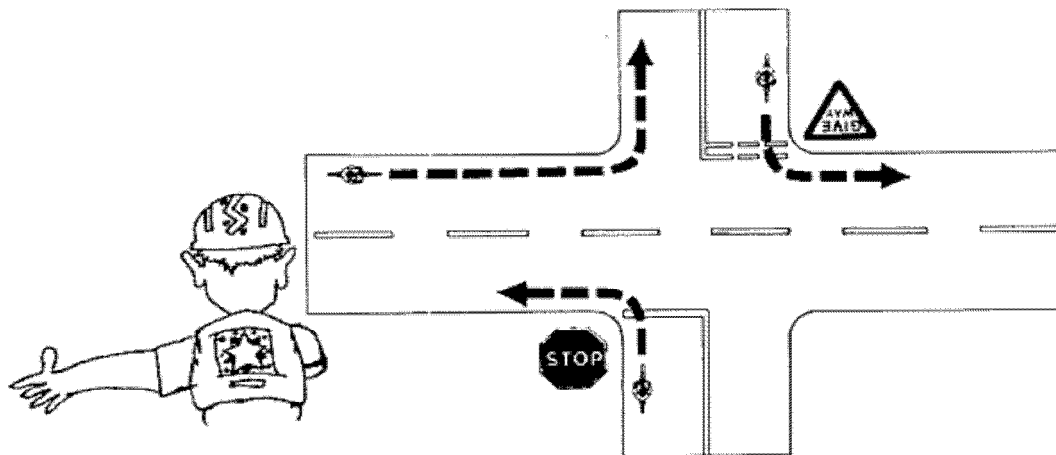
1. A cyclist should be able to reach the ground comfortably with the balls of their feet when sitting on the seat.

2. All cycles should have two efficient brakes. Children's cycles must have back pedal brakes. To apply the brakes, push back on the pedals.

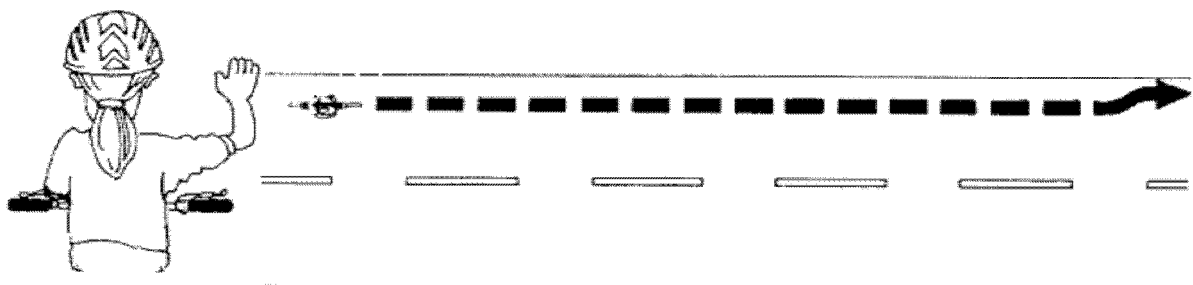
3. Right turn signals: All cyclists must signal their intention to make a right turn or merge right. The right turn must be made from as close as practicable to the left hand side of the centre line of the roadway. **Caution:** This may put young riders at risk. It may be safer for young riders to alight at the kerb on the left and make the right turn as a pedestrian, walking the bicycle across.



4. **Left turn signals:** Legally there are only two hand signals: stop and right turn. However it is advisable to use a signal for turning left. Left turns should be made from as close as practicable to the left hand side of the roadway. However cyclists should not make left turns from the gutter or very close to the gutter, as they risk being struck by left turning vehicles if they do so.



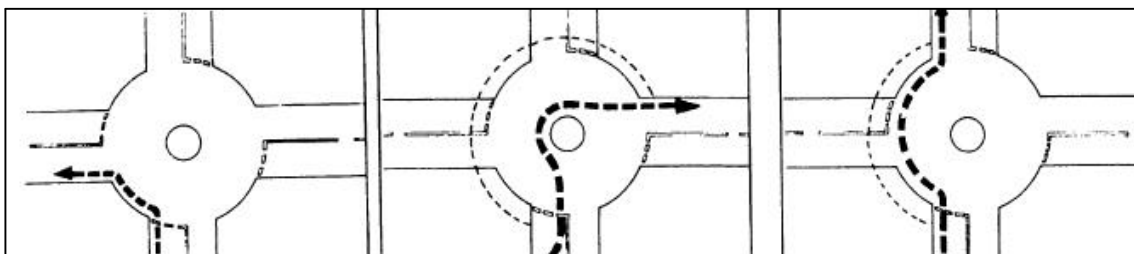
5. **Stop signals:** all cyclists are required to signal their intent to stop.



6. Negotiating an intersection: Many collisions occur at intersections and T-Junctions so special care is needed. All traffic signals and signs must be obeyed by cyclists. At intersections with no signs, vehicles, including bicycles, must give way to other vehicles coming from the right. At T-Junctions, a driver or rider on the ending road must give way to any vehicle on the continuing road.

7. Roundabouts: You must give way to all vehicles, including bicycles, already in the roundabout and only enter where there is a safe gap in the traffic.

8. Entering the road: When entering the road from a driveway or similar place, the cyclist must stop and give way to pedestrians and vehicles from both left and right. Cycling straight onto the road without looking from driveways or the footpath is the cause of many accidents amongst child cyclists.



General Road Rules

By law, bicycles are vehicles with equal rights to share roads. Cyclists are required to obey the Australian Road Rules like any other vehicle.

1. Bicycles must be fitted with at least one effective brake and a bell, horn or similar warning device that is also in working order.
2. Cyclists are permitted to travel to the front of a line of traffic on the left-hand side of the stopped vehicles.
3. Cyclists are permitted to travel in Bus Lanes and Transit Lanes but not Bus Only Lanes.
4. The rider of a bicycle must not ride at night or in hazardous weather conditions that result in reduced visibility, unless the bicycle or rider displays:
 - A flashing or steady white light that is clearly visible for at least 200 metres from the front of the bicycle; and

- A flashing or steady red light that is clearly visible for at least 200 metres from the rear of the bicycle; and
- A red reflector that is clearly visible for at least 50 metres from the rear of the bicycle when light is projected onto it by a vehicle's headlight on low-beam.

5. All cyclists must wear an approved helmet when riding:

- On the road
- On a cycle path
- In a park
- In any public place

6. Cycling across pedestrian crossings: Cyclists must give way to pedestrians at pedestrian crossings. When utilising the crossing facility itself, cyclists are required to dismount and walk their bicycle across the roadway.

7. Cyclists are entitled to use an entire lane and are permitted to ride 2 abreast as long as the distance between them does not exceed 1.5 metres. Cyclists can not ride more than 2 abreast

in any one lane on roads, bike paths, shared paths or any road shoulder.

8. Cyclists must obey traffic lights and signs.

9. Children under 12 years (and older riders accompanying them) are permitted to ride on the footpath unless specifically prohibited by signage. Riders must keep to the left and give way to pedestrians.

10. It is an offence to ride your bicycle negligently, furiously or recklessly.

Road Signs

Stop: When drivers/riders see this sign they must come to a complete stop at the unbroken line and give way to vehicles that are in, entering or approaching the intersection.



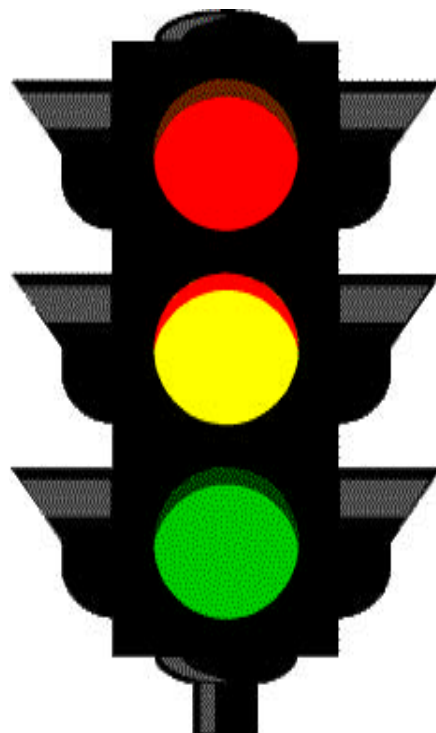
Give Way: The give way sign indicates that vehicles must give way to vehicles that are in, entering or approaching the intersection. The vehicles at the give way sign need not come to a complete stop if it is safe to proceed without



Traffic Signals:

Drivers, Cyclists and pedestrians are required to comply with traffic light signals.

- Red indicates stop;
- Amber indicates prepare to stop unless you are over the line or if stopping suddenly may cause an accident;
- Green indicates go if the road is clear



Helmets

Since 1991 ALL cyclists have been legally required to wear a helmet when riding:

- On the road
- On a cycle path
- In a park
- In any public place



Research shows that bicycle helmets are extremely effective in reducing injuries to the head. Many deaths and serious injuries could have been avoided if the cyclists involved had been wearing a helmet.

Injury to the head is the most common cause of death for cyclists and one of the most common forms of serious injury.

Some important points to remember:

- When choosing a helmet it must conform to the Australian Standard
- Don't leave your helmet out in the sun because this will shorten its effective life.

- If you have a crash and your helmet receives a blow it may no longer protect your head effectively (even if there is no visible damage).
- Have your helmet checked by the manufacturer. You may need to purchase a new one.
- Your helmet needs to be well fitting. Ask an expert to assist you to find an approved helmet that fits you correctly.
- Don't wear your hair in a high ponytail or bun because your helmet won't fit properly.

Use this checklist to decide if your helmet fits well:

- Is it comfortable?
- Are the straps loose or flapping?
- Are the straps firm enough to keep the helmet in place with no movement?
- Does the helmet provide good ventilation?
- Does the helmet allow you to see normally?
- Does the helmet display the Australian Standards symbol?
- Are you able to hear normally with the helmet on?

Rear strap is too loose.
Helmet is slipping forward



Wrong



Wrong

Both straps are adjusted
securely and helmet is fitting
correctly



Right

Helmet does not protect forehead

Bicycle Maintenance

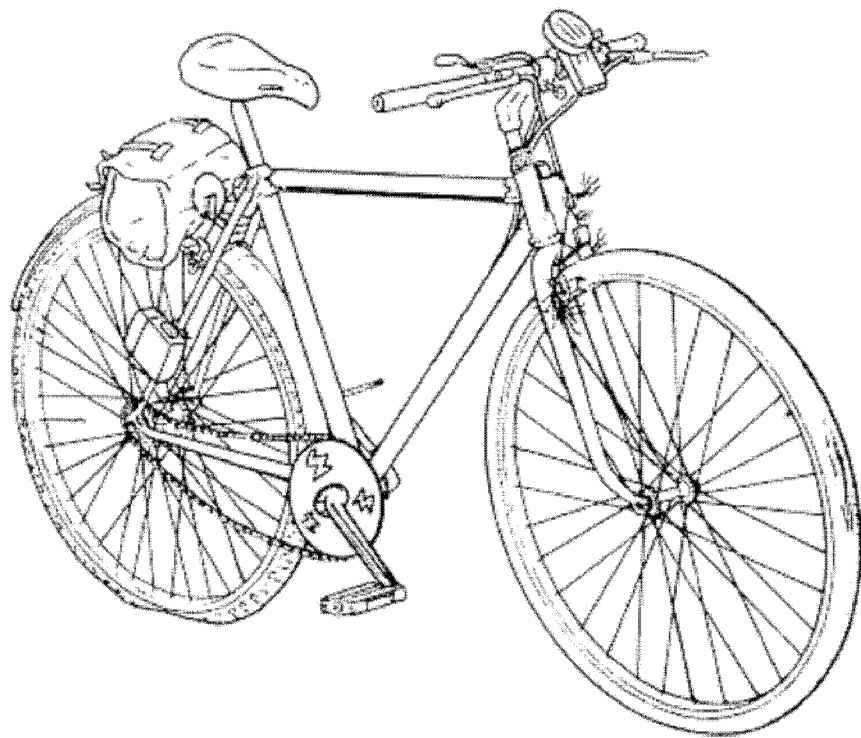
For safety reasons it is essential that your bicycle is well maintained.

PART	TEST	PASS	FAIL
Back pedal brakes	Push pedal backwards with one hand. Push bike wheel forward with the other hand. The wheel should not rotate.		
Hand brakes	<p>Squeeze brake lever & try to push the bike at the same time. The wheel should not rotate.</p> <p>Squeeze brake lever. The brake caliper should not touch the handle grip.</p> <p>Squeeze brake lever. The brake blocks should contact the rim squarley.</p> <p>Inspect the brake blocks & make sure they are not worn.</p>		

Chain	<p>Lift the chain up and down, half way between the chain wheel & the rear cog. The chain should only move by about two to two & a half centimetres.</p> <p>Inspect the chain. Make sure it's lubricated.</p>		
Tyres	<p>Squeeze the tyre firmly. The tyre should not squash.</p> <p>Inspect the tyre. No canvas should be showing.</p> <p>Inspect the tyre. It should not be out of shape (have bulges or cuts).</p>		
Pedals	<p>Pedals should be complete & undamaged.</p> <p>Spin the pedals. They should spin freely.</p>		
Bell	<p>Ring the bell. The bell should ring clearly & be loud enough to be heard.</p>		

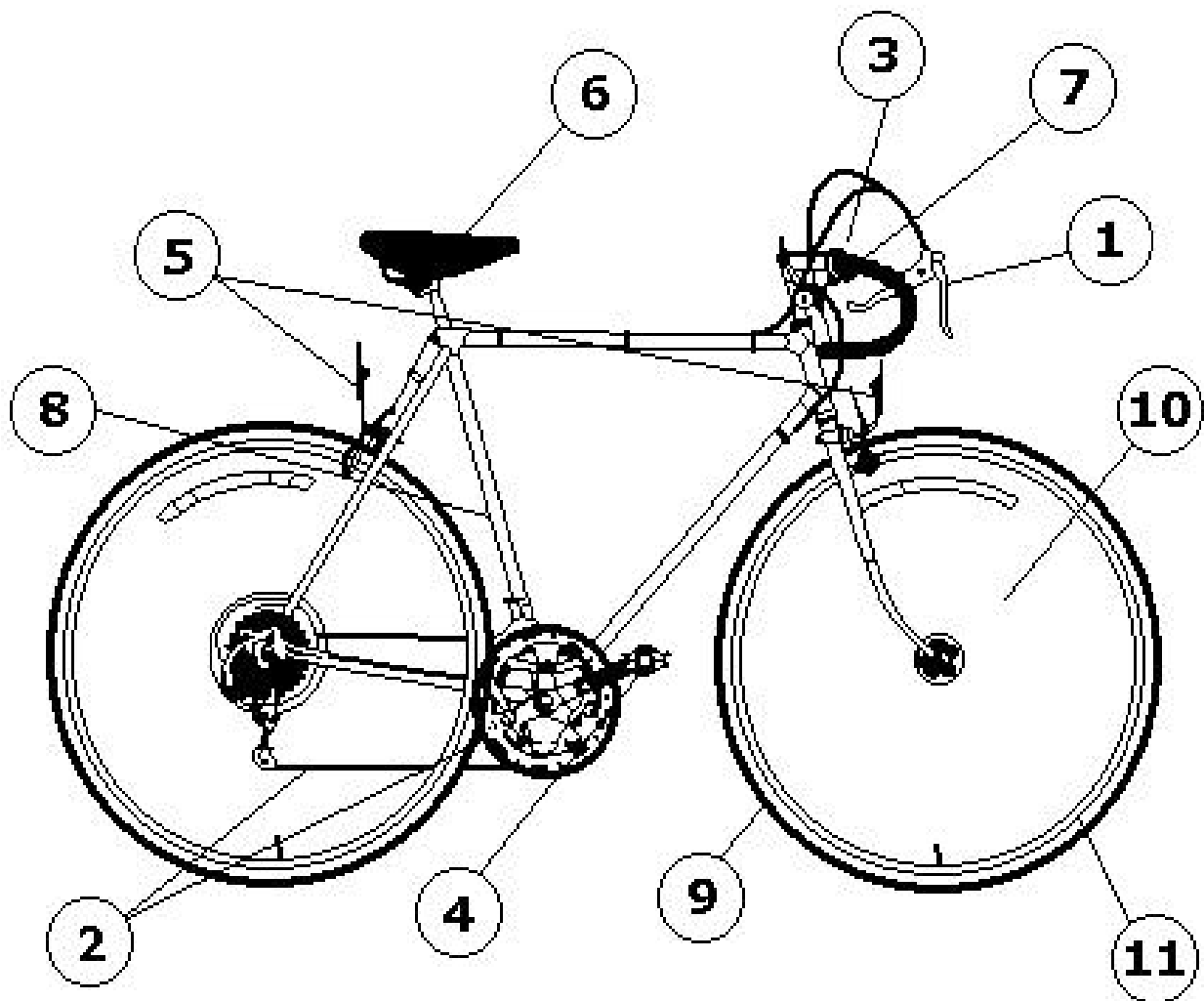
Reflec tors	Inspect the front & rear reflector. Reflectors should be clean, secure & shine brightly.		
Lights	Inspect the rear red light & the front white light. They should be secure, clean & shine brightly.		

This bike has 20 faults. Can you find them?



Bicycle Components

1. Brakes
2. Chain/Chain guard
3. Handlebars
4. Pedal
5. Front (white) & rear (red) lights
6. Seat
7. Bell
8. Frame
9. Tyre
10. Spokes



Bicycle Safety Quiz

1. What must a cyclist do when coming out of a driveway?

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2. Who must you give way to when entering a roundabout?

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.....

3. What should you do at a stop sign?

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4. Do cyclists have to obey traffic signals?

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5. What should a cyclist do when they reach a pedestrian crossing?

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6. When must a cyclist wear an approved helmet?

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.....

7. Name five things you should regularly check /maintain on your bicycle

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8. What's the difference in colour between a bicycle's front light and rear light?

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9. Name three pieces of equipment a cyclist must put on their bike if they ride between sunset and sunrise?

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Bicycle Quiz Answers

1. Cyclists must stop and give way to pedestrians and vehicles (to both their left and their right).
2. You must give way to all vehicles/bikes already in the roundabout, only entering when there is a safe gap in the traffic.
3. Riders should come to a complete stop at the unbroken line and give way to vehicles that are in, entering or approaching the intersection.
4. Yes
5. Cyclists must give way to pedestrians when they are on pedestrian crossings.
6. All cyclists must wear an approved helmet when riding in/on: a road, a cycle path, a park or any public place.
7. Any 5 of the following: back pedal brakes, hand brakes, chain, tyres, pedals, bell, reflectors or lights.
8. Front lights are white. Rear lights are red.
9. A flashing or steady white light that is clearly visible for at least 200m from the front of the bike; a flashing or steady red light that is clearly visible for at least 200m from the rear of the bike and a red reflector that is clearly visible for at least 50m from the rear of the bike.

Common Cycling Accidents

1 Cyclist turning right into side road, motorist going straight ahead.



2 Cyclist riding from footpath or driveway: motorist going straight ahead.



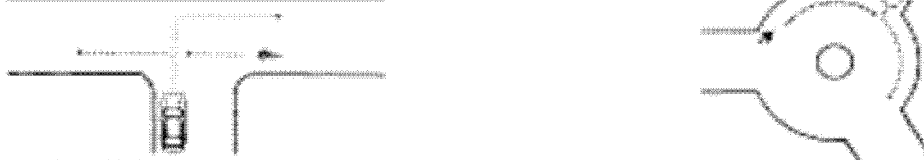
3 Cyclist emerging from side road: motorist going straight ahead.



4 Cyclist and motorist going straight ahead on same road.



5 Motorist emerging into path of cyclist.



6 Cyclist running into a parked vehicle.



7 Motorist turning into side road, cyclist going straight ahead.



8 Cyclist playing, riding too fast or doing stunts: no other vehicle involved.